



# Prakriti: Interdisciplinary Perspectives on Ayurvedic Constitutions

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# Prakriti: Interdisciplinary Perspectives on Ayurvedic Constitutions

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# Preface

The concept of Prakriti—the unique constitution of an individual as described in ancient Indian medical systems—has fascinated scholars, healers, and scientists across generations. Rooted in Ayurveda, yet resonating far beyond it, Prakriti serves as a profound framework to understand human health, disease susceptibility, and therapeutic responses. In an era increasingly defined by personalization in healthcare, the timeless wisdom of Prakriti offers fresh inspiration and direction.

*Prakriti: A Transdisciplinary Approach to Integrative Medicine* brings together perspectives from Ayurveda, modern biomedical sciences, psychology, genomics, environmental health, and systems biology. This edited volume seeks to explore the dynamic interplay between traditional knowledge and contemporary scientific inquiry. It bridges disciplines that, at first glance, may seem disparate, but ultimately converge on a shared mission: to foster a more holistic, person-centered approach to health and well-being.

In recent years, integrative medicine has gained momentum as patients, practitioners, and policymakers recognize the limitations of a one-size-fits-all healthcare model. Yet, true integration demands more than mere coexistence of different systems—it requires a genuine dialogue between philosophies, methodologies, and epistemologies.

This book represents the collective efforts of scholars and practitioners who envision a future where traditional wisdom and scientific innovation are not in opposition, but in synergy. Each chapter embodies rigorous inquiry, reflective scholarship, and a spirit of collaboration. By embracing a transdisciplinary methodology, the contributors illuminate how understanding human constitution at multiple levels can revolutionize preventive care, diagnostics, therapeutics, and public health strategies.

It is our hope that *Prakriti: A Transdisciplinary Approach to Integrative Medicine* serves not only as an academic resource but also as an invitation: an invitation to rethink health as a continuum, shaped by both the seen and unseen forces of nature, culture, and consciousness. We express our deep gratitude to all the authors, researchers and institutions whose vision and dedication have made this endeavor possible. May this work inspire future studies, foster integrative practices, and ultimately contribute to a healthier, more harmonious world.

**Gaurav Soni**  
**Pramod Singh**

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